

A Checklist of Ways Parents Provoke Their Children to Anger

(from *Heart of Anger*, by Lou Priolo)

circle each statement that occurs in your home

1. Lack of marital harmony
2. Establishing/maintaining a child-centered home
3. Modeling sinful anger
4. Consistently disciplining in anger
5. Scolding
6. Being inconsistent with discipline
7. Having double standards
8. Being legalistic (Making man-made rules equal to God's law, or a test of spirituality)
9. Not admitting when you are wrong
10. Constantly finding fault
11. Parents reversing God given roles
12. Not listening to the child's opinion or side of the story
13. Comparing children to others
14. Not having time to talk
15. Not praising the child
16. Failing to keep promises
17. Chastising him in front of others
18. Giving too much freedom
19. Not giving enough freedom
20. Making fun of the child
21. Abusing them physically
22. Calling them names
23. Having unrealistic expectations
24. Showing favoritism toward one child over another
25. Employing child-training methodologies that are inconsistent with God's Word